

# CONTACT

**'Deploy Your Employer' day events fun, educational**



**349th Air Mobility Wing  
Office of Public Affairs**

520 Waldron Street  
Travis AFB, CA 94535-2171  
Office Hours:  
Monday - Friday and UTAs  
7:30 a.m. - 4:30 p.m.  
Phone: (707) 424-3936  
FAX: (707) 424-1672  
Email: 349amw.pa@travis.af.mil

**Commander**

Col. John C. Flourney, Jr.

**Chief, Public Affairs**

Lt. Col. Robert Couse-Baker

**Deputy Chief, Public Affairs**

Ellen Hatfield

**Editor**

Patti Schwab-Holloway

**Public Affairs Staff**

Capt. Robin Jackson  
Senior Master Sgt.  
Ellen Hatfield  
Master Sgt. Robert Wade  
Tech. Sgt. Meredith Mingledorff  
Senior Airman Amelia Leonard

**On the Cover:**

Reservists from the 349th Air Mobility Wing were represented by their employer counterparts during the Employer Appreciation Day at Travis Air Force Base, Aug. 21. Employers joined aircrew members of the 349th during a C-17 training mission. (U.S. Air Force photo/Senior Airman Amelia Leonard)

**Contact** magazine is the monthly, authorized publication for members of the U.S. military and their families. It is printed under contract with Far Western Graphics Inc., Sunnyvale California. The contents expressed herein are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Air Force. All photographs are U.S. Air Force photos unless otherwise indicated.

# Thirty years since high school? But I am not old!

**by Chaplain (Lt. Col.) LeBane Hall**

**349th Air Mobility Wing**

I am not old! Yet, how can it be October 2010 already! I recently shockingly realized that I graduated from high school almost 30 years ago and college 25 years ago. I had a conversation with my oldest son regarding his college options and finances, and my youngest will be a high school freshman next year. I am certain I was just changing their newborn diapers. Where did their childhood go?

There are 24 hours a day, 168 hours a week and 365 days a year, (366 for leap year.) Wow! The days, weeks, months and years pass by so fast, especially the older I get. However, I know that time flows by the same way every day and at the same speed, no matter where or what I am doing. One second at a time, day after day.

My awakening regarding this incessant passing of time has caused me to try and make better decisions regarding my time. I now try to walk to various locations instead of driving to them. I strive to spend more time reading and not watching television. I have endeavored to focus more on my spiritual health as much as my physical and mental health. I now share more time with my sons, to include a recent weekend marathon of board games. It was great!

We live in a world that uses so much technology to give us more time, but it seems we use the technology more and thus end up with less time than we had before. Computers speed up our lives and allow us to do so many things, but we spend so much time staring at the screen and not living.

So, I encourage you to leave work on time, put down the remote, or walk away from the computer and look your loved ones in the eye and talk to them, get active WITH them. Volunteer somewhere and make a difference, and have fun! Sadly, we just do not know how much more time we have left.

As the old song says, time keeps on slipping into the future. What are we going to do with our time? I know I WILL spend more of it on things that matter. I understand that I am not getting any younger, but I am not old!

# Get your 'free' money

*by Chief Master Sgt. Robert Bryant*

*749th Aircraft Maintenance Squadron*

I know, you have heard it a thousand times “get your degree”, or “advance your degree.” There is no doubt that you will earn more money in your lifetime with a degree, period. That’s not what I want to talk to you about. I am going to try to make your education journey a little easier by showing you how to get free money on the way. This free money comes in the form of scholarships.

There are billions of dollars currently available for scholarships; much of it goes unused every year. There are many reasons that the money goes unused. One of the biggest reasons the money goes unused is that people do not apply for scholarships!

A little investment in time applying for scholarships can reap big rewards. You do not have to pay someone to get scholarships for you; you can get them yourself! Do your research and apply! If you get \$1000 in free money and have 10 hours invested that’s \$100 per hour. Most scholarship applications are online and only require a click of the mouse to apply.

Your first step should be your base education office, they are there for you! They can help and direct you to the proper sources regarding the Montgomery G.I. Bill at [www.gibill.va.gov/](http://www.gibill.va.gov/) and Tuition Assistance.

Next fill out a free application for Federal Student Aid online [www.fafsa.ed.gov/](http://www.fafsa.ed.gov/). The federal government applies two different standards for students, one for dependent students and one for independent students. Dependent students are assumed to have parental support while independent students are not. The result: Independent students might qualify for more aid. Veterans of the U.S. Armed Forces are independent students.

Write an essay about your education goals. Your essay should be approximately 500 words and about your general education goal. I know, you hear the word essay and you are tempted to tune out but don’t give up yet, it really is simple to do. For your first paragraph talk about how you got interested in your major. Then write your last paragraph and talk about your final educational goal. In the body of the paper talk about how you plan to get to your final educational goal. If you are going to school use your writing resource center. Once the essay is done it is easily modified to meet the requirements of any scholarship application.

Go to [www.students.gov](http://www.students.gov), a huge resource for grants and scholarships. The link, “Paying for your education”, is on the right side of the webpage, in the middle. Click there and select “Scholarships & grants”. This will bring up more than 80 websites worth of opportunity. Be persistent, things get lost, follow up on everything! Keep a file system so you can reapply every year without doing all the research over again.

Now that you know how easy it is to apply for free money you have no excuse not to apply. Go out and get your degree or advance your current degree and let scholarships help you pay for it. Hopefully this information will make your education journey a little easier by helping you to get free money on the way!

**T**hank you for your service. Your dedication, hard work, and devotion to duty help to keep our nation safe. I am proud to be your partner! If you have any questions drop me an email at [robert.bryant@us.af.mil](mailto:robert.bryant@us.af.mil) and I will help if I can.

# TRICARE program for ‘gray area’ reservists coming

**A** new program will offer “gray area” reservists the opportunity to purchase TRICARE health care coverage. While qualified members of the Selected Reserve may purchase premium-based coverage under TRICARE Reserve Select, or TRS, retired National Guard and Reserve personnel did not have TRICARE health coverage options until they reached age 60.

Under a provision of the National Defense Authorization Act for 2010, that has all changed.

The new provision allows certain members of the Retired Reserve who are not yet age 60, called “gray-area” retirees, to purchase Tricare Standard and TRICARE Extra coverage. TRICARE Extra simply means beneficiaries have lower out of pocket costs if they use a network provider.

“We’re working hard to coordinate all the details of eligibility, coverage and costs, and expedite implementation of this important program,” said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. “This is a major benefit program with implementation on the same magnitude as TRS. It will require detailed design, development and testing, but qualified retired reservists should be able to purchase coverage by late summer or early fall of 2010.”

While the health care benefit provided for gray-area retirees will be TRICARE Standard and Extra, similar to TRS, the new program will differ from TRS in its qualifications, premiums, copayment rates and catastrophic cap requirements. The program is tentatively called TRICARE Retired Reserve.

The new statute requires premium rates to equal the full cost of the coverage. That is the major difference contrasted with TRS, where the statute provides that Selected Reserve members pay only 28 percent of the cost of the coverage. Premiums for the new gray-area retiree program will be announced after program rules are published in the Federal Register.

This new program offers an important health coverage option for Reserve and National Guard members who served their country honorably before hanging up their uniforms at retirement, said Admiral Hunter.

**F**or more information about Tricare benefits, visit go to [www.tricare.mil](http://www.tricare.mil). (*Tricare*)

## Call It Quits With New TRICARE Smoking Quitline

by Lt. Col. Lynn Marshall

349th Fitness Program Manager

**T**RICARE’s Smoking Quitline is now accepting calls! All non-Medicare eligible TRICARE beneficiaries within the U.S. can get assistance with going “smoke-free” 24 hours a day, 7 days a week, including holidays, with just a toll-free call.

Beneficiaries residing in the TRICARE South Region can reach the quitline at 877-414-9949. Beneficiaries living in the North Region can call 866-459-8766, and those living in the West Region can call 866-244-6870.

TRICARE’s Smoking Quitline is a telephone support and referral service. Beneficiaries who call will be assessed and get guidance for a smoking cessation plan that fits their unique smoking habits. Upon request, cessation materials can also be provided through U.S. mail.

Although the new TRICARE Smoking Quitline is geared toward smoking cessation only, any TRICARE beneficiaries who want to quit using tobacco, including the smokeless kind,

can get support through the Department of Defense’s comprehensive and award-winning Quit Tobacco website, [www.ucanquit2.org](http://www.ucanquit2.org).

Ucanquit2 offers interactive, Web-based tobacco cessation training along with live, real-time encouragement from trained tobacco cessation coaches via the 24/7 “chat” feature. Users also have the opportunity to trade information through the website’s blog and electronic bulletin board and link to the website’s Twitter, Facebook, MySpace and YouTube pages.

Many military treatment facilities offer smoking cessation programs so beneficiaries should check locally for more information on those programs. A military treatment facility locator is at [www.tricare.mil/mtf](http://www.tricare.mil/mtf).

**M**edicare eligible beneficiaries are reminded they may be eligible for smoking cessation benefits through Medicare Part B. Check for more information at [www.medicare.gov](http://www.medicare.gov).



# Team Travis wins Commander-in-Chief's Installation Excellence Award

*by Senior Airman Amelia Leonard  
349th Public Affairs*

**T**eam Travis has won the Commander-in-Chief's Installation Excellence Award, Col. Jay Flournoy, 349th Air Mobility Wing commander, announced Sept. 22.

The Commander-in-Chief's Award for Installation Excellence is presented to the best Air Force base for outstanding achievement in installation management. The winner is chosen based on its overall demonstrated commitment to excellence in leadership and base management, environmental stewardship, public safety, family support and a good quality of life for Airmen.

The base recently hosted an inspection team from Air Mobility Command Sept. 15-17. During this visit, the team inspected base facilities and met with members of Team Travis.

The winners, as well as the runner-ups receive an unknown sum of money to improve the quality of life of its people.

The base visit was a team effort that everyone contributed to.

**W**hile the Air Force conducts similar base visits for the two overall finalists, this visit is unique to AMC. "AMC is, last I knew, the only MAJCOM that spends the money to visit its finalists," said Col. Kirk Lear, 314th Airlift Wing vice commander, and former member of the AMC review board.

## Halloween safety tips - supervision is essential

**T**rick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats!" from neighbors or at the local mall. It should be a fun time, without trouble and pain. With witches, goblins, and superheroes descending on neighborhoods across America, heed these safety tips and prepare your children for a safe and enjoyable trick-or-treat holiday:

-Help your child pick out or make a costume that will be safe. Make it fire proof; the eye holes should be large enough for good peripheral vision. Use face paint rather than masks or things that will cover their eyes. Dress them in light-colored or reflective-type clothing so they are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)

-Young children should go out during daylight hours only or be accompanied by a responsible adult. Younger children should never be allowed to go out alone, make sure an older sibling or an adult accompany them at all times.

-Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them. Instruct your child not to eat any treats until they bring them home to be examined by you.

-Teaching your kids basic everyday safety such as not

getting into cars or talking to strangers, watching both ways before crossing streets, and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

-Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.

-Let them know that they should stay together as a group if going out to Trick or Treat without an adult.

-Visit homes that have the porch light on. Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult. Remind them to accept their treats at the door and never go into a stranger's house

-Plan a safe route so parents know where their older children will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves and have

them take a cell phone and carry a flashlight.

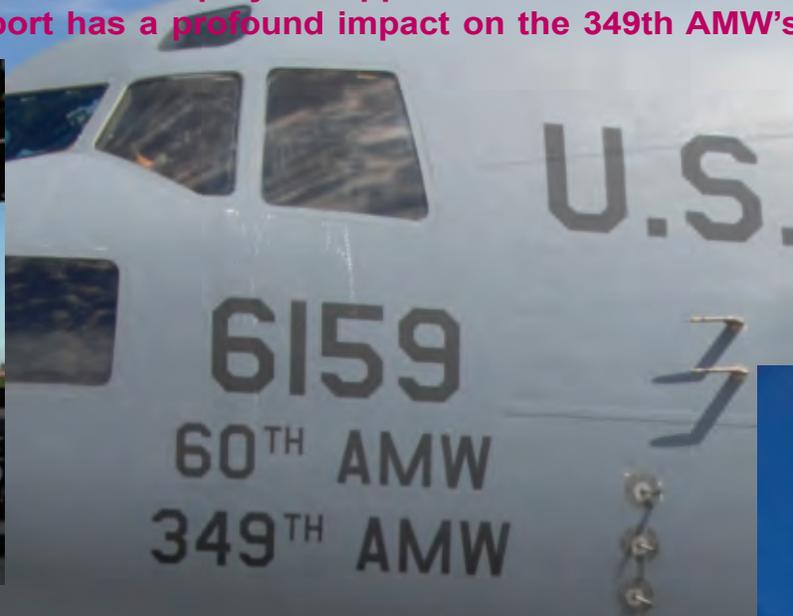
-Let your child know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten track. Stay in well lighted areas.

**I**f you would like more information on Halloween safety tips visit the Food and Drug Administration Safety Tips for Halloween: [www.fda.gov/oc/opacom/kids/candyandtreats](http://www.fda.gov/oc/opacom/kids/candyandtreats)



# Reserve employers walk in your shoes w

Sixty Northern California employers of 349th Air Mobility Wing Airmen were treated to a "California Employer" gave reservists an opportunity to subject their employers to the joys of the military life. They were given military warfare gear, helmets and flak vests, and a delicious meals-ready-to-eat (MRE) lunch. They were also given a tour of the wing with "patients" and got to see the view through the turret of a Humvee while handling the 349th Air Mobility Wing Squadron Airmen. The day culminated with a flight aboard a C-17 Globemaster and a KC-10A Extender. Reservists and representatives from the California Employer Support of the Guard and Reserve (CESGR) appreciate of these employers whose support has a profound impact on the 349th AMW's



Photos by Tech. Sgt. Meredith M

# With 'Deploy Your Employer'

Day honoring them Aug. 21. "Deploy your mobility processing line, the wear of chemical employers viewed a field hospital complete weapons used by 349th Security Forces C-10 Extender, where employers enjoyed the and Lake Tahoe, and a refueling mission. Reserve turned out in force to show their ability to meet recruiting and retention goals.



Mingledorff and Senior Airman Amelia Leonard, 349th Public Affairs

## *349th Wing Traditional Reserve Vacancies*

AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3S271	Education & Training	SSgt/TSgt/MSgt
11M3K	Mobility Pilot, General	Officer	41A3	Health Services Admin	Officer
14N3	Intelligence Officer	Officer	42B3	Physical Therapist	Officer
1A071	In-Flight Refueling	TSgt	43P3	Pharmacist	Officer
1A151	Flight Engineer	SSgt/TSgt	44M3	Internist	Officer
1A291	Aircraft Loadmaster	MSgt	44M3H	Internist	Officer
1N051	Operations Intelligence	TSgt	44R3B	Diagnostic Radiologist	Officer
1N091	Operations Intelligence	SMSgt	44Y3	Critical Care Medicine	Officer
2A571	Aerospace Maintenance	TSgt/MSgt	45A3	Anesthesiologist	Officer
2A656	Aircraft Elec & Env Sys	SSgt	45B3	Orthopedic Surgeon	Officer
2A654	Aircraft Fuel System	SSgt	45S3A	Surgeon	Officer
2A655	Aircraft Hydraulic Sys	SSgt	45S3B	Surgeon	Officer
2A675	Aircraft Hydraulic Sys	TSgt	46F3	Flight Nurse	Officer
2E173	Ground Radio Comm	TSgt/MSgt	46M3	Nurse Anesthetist	Officer
2F051	Fuels	SSgt	46N3	Clinical Nurse	Officer
2G071	Logistics Plans	MSgt	46N3E	Clinical Critical Nurse	Officer
2T271	Air Transportation	TSgt/MSgt	46N3H	Clinical Nurse	Officer
3E252	Electrical Power Prod	SSgt	46S3	Operating Room Nurse	Officer
3E291	Pavement & Const	MSgt/SMSgt	48A3	Aerospace Medicine	Officer
3E451	Utilities Systems	TSgt	4A091	Health Services Mgnt	SMSgt
3E473	Environmental Controls	MSgt	4N051	Aerospace Medical Svs	SSgt/TSgt
3E791	Fire Protection	SMS/CMSgt	4N071	Aerospace Medical Svs	MSgt
3E800	Explosive Ord Disposal	SMS/CMSgt	4N071C	Aerospace Med, IDMT	TSgt/MSgt
3E591	Engineering	MSgt	4N091	Aerospace Medical Svs	SMSgt
3D052	Cyber Sys Opers	SSgt	8F000	First Sergeant	MSgt
3D152	Cyber Trans Sys	SSgt	5R051	Chaplain Assistant	SSgt

For more information about these vacancies, go to <https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp>.  
 For more information about ART vacancies contact the ART Recruiter office at 530-634-5189 or go to <http://www.usajobs.gov>.

## *349th Wing Full-Time Vacancies*

<u>UNIT</u>	<u>GS/SERIES</u>	<u>TITLE</u>	<u>TYPE</u>
349th AMW	GS-0301-12	Executive Officer	ART
349th AMW	GS-0561-05	Budget Technician	CIV
349th AMDS	GS-0303-07	Medical Administrative Asst	ART
45th APS	GS-1702-09	Training Technician	ART
82nd APS	GS-1702-09	Training Technician	ART
349th MSS	GS-0203-05	Human Resources Assistant	ART
349th MSS	GS-1702-09	Training Technician	ART
349th MXS	WG-2610-12	Electronic Integrated Systems Mech	ART
349th MXG	WG-2891-11	Aircraft Electrical Work Inspector	ART
349th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
349th AMXS	WS-8801-09	Aircraft Overhaul Supervisor	ART
749th AMXS	WS-8801-09	Aircraft Overhaul Supervisor	ART
349th MXS	WG-8852-10	Aircraft Mechanic	ART
349th AMXS	WG-8852-10	Aircraft Mechanic	ART
349th AES	GS-0301-10	Aeromedical Evacuation Specialist	ART
349th AES	GS-0301-12	Medical Administrative Officer	ART
349th OSF	GS-0303-07	Wing Operations Center Controller	ART
312th AS	GS-2185-09	Aircraft Loadmaster Instructor	ART

# Travis Team at Air Force Marathon

Story and photo by Senior Airman Amelia Leonard  
349th Public Affairs

Approximately 12,000 active-duty service members, reservists, retirees and civilians gathered to compete in the 14th annual Air Force Marathon at Wright-Patterson Air Force Base, Dayton, Ohio on Sept. 18.

More than 40 members of Team Travis ran in either the 16 mile half marathon, or the 32 mile full marathon.

The Team Travis members represented the 82nd Aerial Port Squadron, 79th Air Refueling Squadron, 70th ARS, 55th APS, 349th Security Forces Squadron, 349th Maintenance Squadron, 349th Mission Support Squadron, 349th Medical Squadron, 349th Aerospace Staging Squadron, 349th Aircraft Maintenance Squadron, 349th Aerospace Medicine Squadron, 23rd Combat Communications Squadron, 60th AMDS, 60th Inpatient Squadron and 60th Logistics Readiness Squadron.

The morning before the big event Team Travis runners were met on the flightline outside of a KC-10 Extender by Col. Jay Flournoy, 349th Air Mobility Wing commander, Col. Barrett Broussard, 349th AMW vice commander and 349th

Command Chief Master Sgt. Kathleen Buckner, along with Col. James Vechery, 60th AMW commander, and 60th Command Chief Master Sgt. Daniel Fischer for a quick handshake and photo before boarding the aircraft headed for Wright-Patterson.

The boom operator of the KC-10, Chief Master Sgt. Terry Monges, 70th ARS, was the primary organizer of the training mission scheduled to transport Team Travis participants to the race.

After landing at Wright-Patterson, everyone disbursed for a quick bite to eat and a good nights' sleep in preparation for the race in the morning.

At 7:45 a.m., Saturday Sept. 18, the marathon participants lined up at a starting line outside of the National Museum of the Air Force while a B-52 Strato-Fortress Bomber flew overhead and the National Anthem was sung.

With the sound of a single gunshot the runners were off.

The participants ran a course that extended off base and through the small town of Fairborn, Ohio before circling back to the National Museum of the Air Force.

Master Sgt. Thomas Hall, 60th Medical Diagnostics and Therapeutic Squadron, was the first member of Team Travis to finish the race with a time of 4:12:10. Staff Sgt. Chase Seynaeve, 60th LRS, finished close behind at 4:24:06.

"It was a once in a lifetime experience," said Sergeant Hall.

The runners who competed in the half marathon ran a slightly different course. They began at 8:45 a.m.

Chief Master Sgt. Monges, who competed in the half marathon, was the first member of Team Travis to cross the finish line with a time of 1:36:34. 2nd Lt. Joshua Steffen came in second.

Everyone from Team Travis persevered through the heat and finished their respective races.

Chief Monges hopes with the success of this year's race, more people will join next year at the 15th annual Air Force Marathon. He is already designing new team t-shirts for the event.

If you are interested in joining next year's team, Chief Monges can be reached via e-mail at [terry.monges@us.af.mil](mailto:terry.monges@us.af.mil).



# Air Force increases deployment times

by Jon Hanson, AFPC Public Affairs

**A**ir Force Chief of Staff Gen. Norton Schwartz announced a change to the air and space expeditionary force rotational baseline from 120 to 179 days for the active component.

The revised construct will increase predictability and stability for affected Airmen and their families while providing better support to combatant commanders by increasing continuity at deployed locations.

"In the two years the Tempo Band construct has been in existence, the number of Airmen deploying for 120 days has steadily decreased," General Schwartz said. "Since Airmen in Tempo Band "A" expected to deploy for 120 days but were frequently tasked for 179-day deployments, I saw no reason to maintain a 120-day baseline."

Previously the Air Force used five tempo bands — "A" through "E." With the change, the Air Force will move Tempo Band "A" unit type codes, or UTCs, and associated personnel to Tempo Band "B." Incorporating a 1-to-4 deploy-to-dwell time, the change results in six months of deployed time for Airmen and 24 months at home.

Revising the baseline also provides a single battle rhythm for all Airmen, regardless of functional area. The difference between the remaining tempo bands is the deploy-to-dwell time, ranging from 1-to-4 to 1-to-1.

Because of the complexity of changing the baseline, it will take

until October 2012 before all deployments are six months. Expeditionary combat support Airmen will begin the transition in January 2011 with a five-month deployment. Remaining deployment vulnerability periods will vary between five and six months.

Combat Air Force units transition to the new baseline beginning this month. They previously were in an "enabler" category at a 1-to-3 deploy-to-dwell time. Those units will move to Tempo Band "C," remaining at a 1-to-3 deploy-to-dwell time, but will see an increase from 12 to 18 months at home station between deployments.

"Ultimately, this is good for the Air Force mission, our Airmen and their families," said Col.

James Horton, director of AEF and personnel operations at the Air Force Personnel Center. "While the deployment time is longer, it also means the downtime is longer.

"This change is meant to reflect a more realistic and consistent deployment outlook," he said. "By better managing our wartime operations tempo means we can provide our Airmen and their families the greatest level of stability and predictability."

**F**or more information, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil>, and search keyword "deployments," or call the Total Force Service Center toll-free at (800) 525-0102 or DSN 665-5000.



Capt. Susan Labrecque, executive officer for the 349th Air Mobility Wing commander, is welcomed home by her family at the Sacramento International Airport, Sacramento, Calif., Sept. 2. She had been deployed to Bagram Air Base, Afghanistan for six months. (Courtesy photo/Mrs. Anne Flournoy)

# AMC shoots advertisement with Team Travis



photo by Senior Airman Amelia Leonard

Senior Airman Jessica M. Fuchs, 945th Aircraft Maintenance Squadron, spent nearly an hour shooting a scene for an upcoming Air Mobility Command video with members from the public affairs combat camera crew from Scott Air Force base, Ill. at Travis here on Sept. 9. The crew spent the day filming in and around a C-17 Globemaster III parked inside of building 837, the new C-17 hangar. The video will debut on the Air Mobility Command website in the beginning of this month. The video will showcase the vast flexibility and ability of the Air Mobility Command to come together as a team.

## ENLISTED PROMOTIONS

### MASTER SERGEANT

ALLEN, ROBERT, 349th CES  
BRYANT, JOSHUA, 349th MXG  
CARRIGAN, BRIAN D., 79th ARS (PEP)  
CERDA, OSCAR, 749th AMXS  
DOWNIE, RUSSELL P., 79th ARS (PEP)  
HARRIS, SCOTT A., 312th AS (PEP)  
MATY, BRAD, 749th AMXS  
ODELL, RANDY L., 749th AMXS (PEP)  
RUTHERFORD, BRIAN, 749th AMXS

### TECHNICAL SERGEANT

ALMOND, MICHELLE, 349th MDS  
BABER, ANA, 349th CES  
DEMPSEY, CHRISTOPHER S., 70th ARS (PEP)  
DUMANN, KIMBERLY, 349th AMXS  
JOHNSON, JUSTIN L., 349th ASTS (PEP)

KRISTON, MIHALY, 749th AMXS  
MCCOY, MATTHEW F., 70th ARS (PEP)  
ORTIZ, MARCOS D., 349th AMXS (PEP)  
PORTUGAL, LESLIE, 23rd CBCS  
MURILLO, ARMANDO, 45th APS  
MUSICH, TRAVIS, 749th AMXS  
WOODARD, MATTHEW M., 349th AMXS (PEP)

### STAFF SERGEANT

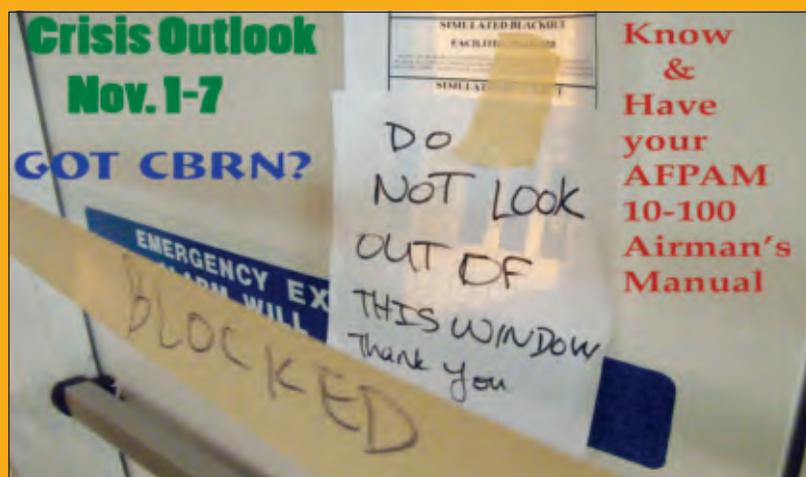
ARENDER, MICHELLE, 349th MDS  
WILSON, COLBY, 349th SFS  
SLY, WESLEY, 45th APS  
BRINKMAN, JOSHUA, 23rd CBCS  
WILDER, ANTHONY, 45th APS  
ROBERTS, TRENT, 349th AMXS

PEPs effective Oct. 1, all other effective Sept. 1, 2010 or earlier.

**349th AIR MOBILITY WING  
520 WALDRON STREET  
TRAVIS AFB CA 94535-2100  
OFFICIAL BUSINESS**

PRESORT  
FIRST CLASS MAIL  
U.S. POSTAGE  
PAID  
SUNNYVALE, CA  
PERMIT NO. 173

## Are you ready? Travis Team Operational Readiness Exercise is next month - be prepared!



### Revised 'online' coupon policy strengthens exchange benefit

With a simple click of the mouse, saving at the exchange is easier than ever before thanks to a decision to accept manufacturers' online coupons.

Sites and services that offer manufacturer coupons range from companies' own websites to online discount portals. What a manufacturer's coupon says actually takes priority over its source as AAFES requires the words "manufacturer coupon," a bar code, expiration date, redemption address, usage policy and stated face value to all appear on the coupon in order to redeem it.

In most instances, AAFES' new coupon policy even allows for one manufacturer's coupon to be combined with an AAFES-issued coupon for the same item.

Some things just get better with age. Such is the case for the 115-year-old exchange benefit troops, and their Families, have come to depend on. From coupon clipping to discount clicking, online, email and text message coupon acceptance, combined with tax-free shopping, is helping ensure the military's exchange benefit is no "limited time offer." (AAFES)

### October is National Domestic Violence Prevention Month

Help is available 24 hours a day through the National Domestic Violence Hotline (1-800-799-SAFE (7233) or TTY 1-800-787-3224). Advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies.

Assistance is available in English and Spanish with

access to more than 170 languages through interpreter services. If you or someone you know is frightened about something in a relationship, please call the National Domestic Violence Hotline.

To learn more contact your state's domestic violence coalition. A complete list of contact information for all domestic and sexual violence coalitions across the United States and its Territories can be found at [www.VAWnet.org](http://www.VAWnet.org).

